



July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>CANADA DAY</p>	<p>2</p> <p>CENTRE CLOSED</p>	<p>3 casserole</p>	<p>4 social day</p> <p>soup & sandwich 11:30</p>	<p>5 Diners' club – noon Pork roast</p> <p>exercise with Mila 10:30 in the heritage room</p>	<p>6 cabbage scalding</p> <p>helpers needed to cut & pack the leaves – 10am</p>	<p>7</p>
<p>8</p>	<p>9 exercise with Marika @ 10:30 in heritage room</p> <p>Ice cream social</p>	<p>10 holubtsi workshop</p>	<p>11 summer bbq – 11:30am</p> <p>social day</p>	<p>12 Diners' club – noon Meat loaf</p> <p>exercise with Mila 10:30 in the heritage room</p>	<p>13 cabbage scalding</p> <p>helpers needed to cut & pack the leaves – 10am</p>	<p>14</p>
<p>15</p>	<p>16 exercise with Marika @ 10:30 in heritage room</p> <p>potato prep</p> <p>games in the Altanka</p>	<p>17 pyrohy workshop</p> <p>donations of fresh or frozen blueberries would be appreciated</p>	<p>18 social day</p> <p>Prep and set-up for Blueberry Garden Party</p>	<p>19 Blueberry Garden Party – 11:30am</p>	<p>20</p> <p>helpers needed to cut & pack the leaves – 10am</p>	<p>21</p>
<p>22</p>	<p>23 exercise with Marika @ 10:30 in heritage room</p> <p>Visit the Barvinok</p>	<p>24 casserole</p>	<p>25 summer bbq 11:30am</p>  <p>social day</p> <p>July birthdays</p>	<p>26 Diners' club – noon Chicken</p> <p>exercise with Mila 10:30 in the heritage room</p>	<p>27 cabbage scalding</p> <p>helpers needed to cut & pack the leaves – 10am</p>	<p>28</p>
<p>29</p>	<p>30 exercise with Marika @ 10:30 in heritage room</p>	<p>31 casserole</p>				